

course beginning: spring spring

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subject catalogue S23 K24

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course code ÜAX230

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name of course

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Basics of Alexander Technique

specification

elective course

academic instructor

M.Tormis

prerequisite course

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no of terms

1

contact hr/total

30.0

hr/term

30.0

hr/week

0.0

ECTS/total

2.00

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Lect

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2.0

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Grp

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28.0

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Ind

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0.0

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Sem

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0.0

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Pract

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0.0

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**graded or pass/fail exams**

A

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**term**

1

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**ECTS**

2.00

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**aim of the subject**

Introduction to the principles and terminology of Alexander Technique. Acquiring the basic methods necessary to change inefficient patterns of thinking and body use so as to develop better coordination and proprioception and thereby improving learning and performance quality.

The English-language group only opens if there a minimum of 5 students participating.

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**content**

Introductory lecture: F. M. Alexander and the background of his technique; basic terminology; the principle of conscious inhibition (CI) and direction in relation to the neuromuscular system, ergonomics and practical examples. Acquiring basic

skills. Group work.

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**learning outcomes**

At the end of the semester, students are able to explain the basic principles and terminology of AT, have acquired a basic set of practical skills.

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**assessment**

Assessment will take place in the form of open lessons aimed at analysing the use of CI.

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**assessment criteria**

The students

- are able to use the principle of AT conscious inhibition and direction in their everyday work,
- have acquired a basic set of practical skills.

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**course reading material**

Michael J.Gelb. Body learning. An Introduction to the Alexander Technique.

London, Aurum Press Ltd. fourth edition 2004

Additional required reading for musicians

Downloadable from the website of the Estonian Academy of Music and Theatre:

[http://www.ema.edu.ee/oppematerjalid/alexander/Muusikaline\\_nagemus.pdf](http://www.ema.edu.ee/oppematerjalid/alexander/Muusikaline_nagemus.pdf)

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**author of course description**

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